



Lundi , 13.11

18:30 - 19:00
<i>Total Body</i>
Team

Mardi , 14.11

09:00 - 09:30	18:30 - 19:00
<i>Abdos</i>	<i>Abdos</i>
Team	Team

Mercredi , 15.11

18:30 - 19:00
<i>Cardio</i>
Team

Jeudi , 16.11

18:30 - 19:00
<i>Total Body</i>
Team

Vendredi , 17.11

09:00 - 09:30	12:15 - 12:45	18:30 - 19:00
<i>Abdos</i>	<i>Cardio</i>	<i>Abdos</i>
Team	Team	Team

Samedi , 18.11

Dimanche , 19.11